



START

RSVP Films

THE FILMS

This Film Series 1 - *Breathe*, includes an *invite* film, *inspire* film and an *invest* film. The *invite* film is a real-life story, shared by the real people you see in the film. The *inspire* film provides an opportunity to consider God's principles for whole and healthy living, with RSVP Executive Director Donna Lamothe. The *invest* film is an experience that touches our imagination and challenges us to consider the concepts presented in the accompanying questions.

THE QUESTIONS

The RSVP films are intended to be the launching pad for conversation and consideration of faith, and are based on God's principles from the Bible. A larger group would break into smaller groups of 10 or less after viewing a film, in order to generate discussion that everyone can easily participate in.

*Discussion questions in an easily printed, one-page .pdf format are available for download at no cost at rsvpministries.com/shop

THE GATHERING

RSVP films and discussion questions have been designed to adapt to almost any environment: a single, large event; a weekend retreat; a group that meets regularly to explore faith; a group that meets for another purpose and wants to include a faith component; amongst friends watching a film together and talking about it afterward. Registered RSVP groups who meet with the goal of *inviting* others to faith in Jesus Christ, *inspiring* growth and *investing* in others will use the films on a regular basis in a format where anyone is welcome. Organizers should plan for one hour to view the film and allow for group discussion.



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INVITE

DEEP WATERS

Film Discussion Questions

- 1 *Deep Waters* conveys the deep personal loss Cheryl has experienced as well as her hope and peace. Our seasoned film crew spent time with her and was amazed at her sense of calmness and joy, as well as the absence of bitterness in her life. What stood out to you as you journeyed through Cheryl's story?
- 2 What helped Cheryl recover from her losses? What has been helpful for you in tough times?
- 3 How did God reveal himself to Cheryl in a way that was personal, powerful and impossible to ignore? Could you say that you have ever experienced God in that way? Do you believe it's possible?
- 4 Cheryl talks about the *indescribable peace that Jesus gives to those that follow him*. What does "following" Jesus mean to you?
- 5 A well-known historical figure, Paul, also talked about finding peace through faith in Jesus. Discuss your response to the quote below and talk about what it means to "experience God's peace".

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."
Philippians 4:6-7

- 6 The quote in the previous question connects peace with thankfulness and prayer. Think of a "peace-filled" person that you know – describe the degree to which that person is also "thankful" or "prayerful". Describe the degree to which you are (or are not) a thankful or prayerful person.
- 7 Cheryl closes the film with the remarkable statement, "Cheryl Fischer died and lived happily ever after". What do you think she meant by that?



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INSPIRE

SPIRITUAL BREATH

Film Discussion Questions

- 1 The SPIRE illustration Donna shares in *Spiritual Breath* stands for five areas of our lives: Spiritual, Physical, Intellectual, Relational and Emotional. Which areas do you feel people struggle with the most and why?
- 2 How did you feel when Donna shared her experience of falling through the ice into the biting water and struggling to call out for help? Can you share an experience that literally took your physical breath away?
- 3 The illustration of the oxygen mask reminds us how important it is to be well enough to help someone else. Have you ever rescued someone or needed to care for someone else? What strengths did you draw upon in that situation?
- 4 Breathing is described in the very beginning of the Bible. The first chapter of the Bible describes how God created life by *speaking* light, earth, sky, water and more into existence. But then God changed his approach by *breathing* life into man. Why the change?

“Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man’s nostrils, and the man became a living person.” Genesis 2:7
- 5 Describe something that you have created and how you feel about it.
- 6 In *Spiritual Breath*, we’re told how God describes you, me and the Bible as being formed from his breath. The Bible is God’s Word and is intended to be a timeless instruction book for us, complete with best practices and warnings on misuse. What is your experience with the Bible and what opportunities are you aware of to explore it further?
- 7 Have you considered spirituality a part of health in the past? Do you now? What final insight from the film do you want to share with the group?



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INVEST IN PRAYER

Film Discussion Questions

- 1 You just watched *Invest in Prayer*. What does it mean to invest in something, and how could prayer be viewed as an investment?
- 2 Has anyone ever prayed for you? What was that experience like for you? Have you ever prayed for someone else and seen God respond in a specific way?
- 3 Did you notice how each person in the film had their own approach to prayer? Discuss the people in the hospital waiting room and their individual ways of talking with God.
- 4 Paul and Silas are historical persons who are regarded as spiritual giants by many. Read the account of what happened when they prayed during their captivity in jail.

“A mob quickly formed against Paul and Silas, and the city officials ordered them stripped and beaten with wooden rods. They were severely beaten, and then they were thrown into prison. The jailer was ordered to make sure they didn’t escape. So the jailer put them into the inner dungeon and clamped their feet in the stocks. Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening. Suddenly, there was a massive earthquake, and the prison was shaken to its foundations. All the doors immediately flew open, and the chains of every prisoner fell off!” Acts 16:22-26

- 5 Consider and discuss Paul and Silas’ response to their dire circumstances in the Acts account. What do you suppose they were praying for? How do their faith and attitudes challenge you?
- 6 Do you believe people we don’t like, don’t agree with or experience conflict with deserve our prayers? How would praying for them affect the person who is praying?
- 7 We don’t get to see the end of the hospital scene in the film. Do you think it is worth investing in prayer when there is no guarantee that we’ll receive our desired outcome?



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